



PRISM & ECHO STUDIES

December 2021 Newsletter



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Hello PRISM and ECHO Families!

We would like to thank all of the families in the ECHO study for your continued participation during the COVID-19 pandemic! Things have looked a bit different here at 21 Autumn Street, but with the support of our families, we are making it work! We are excited to share with you some recent findings from our studies, as well as the ways you and your family can participate in our research remotely or in person.

As a refresher, ECHO, which stands for "Environmental Influences on Child Health Outcomes," is a nationwide study that includes approximately 80 study sites and 30,000 participants. The purpose of ECHO is to better understand how different environmental and life factors, such as eating habits and chemical exposures, can affect child development.

We hope you will continue to participate in our studies by coming into our office for a lab visit! A lab visit consists of playing iPad games, taking body measurements, collecting biosamples, and answering questionnaires.

We have been conducting visits in-person over the last year, utilizing increased precautions to keep everyone safe. We have enjoyed working with many wonderful families in the lab and are eager to see more of you! You can also choose to participate remotely by sending in biosamples, answering questionnaires, and wearing an accelerometer watch for a week, which tracks your sleep and activity levels!

As always, each activity is voluntary, and you will be compensated for your participation. We hope you consider participating in our studies. Thank you for all of your contributions!

HOW TO PARTICIPATE

Remotely

Biosamples
Questionnaires
Accelerometer

In Person

Biosamples
Body Measurements
iPad Games
All Remote Activities

What are Biosamples?

Hair: A small sample, no bigger than the tip of a pencil, can help us learn about cortisol, a stress hormone.

Toenails: Don't cut your toenails yet! They give us valuable information about exposure to chemicals and metals in your environment.

Urine: Urine is great for learning about the metals and chemicals in your environment, as well as hormones and immune factors.

Blood: Either taken from the vein or a small finger prick, blood gives us lots of information on your immune system and physical health.

Teeth: Your baby teeth tell us about chemicals in your environment over your lifetime.

Interested?

Call us at: 617-919-3368

Email us at: prism.study@childrens.harvard.edu

Find us online:

www.childrenshospital.org/research/labs/biobehavioral-research-laboratory



MEET THE TEAM!

Michelle Bosquet Enlow, PhD



Michelle received her Ph.D. at the University of Minnesota from the Developmental Psychopathology and Clinical Science program. She also received her B.A. in Psychology from Yale University.

Hometown: Easton, MA

Fun Fact: When I was this age, I wanted to grow up to be a teacher, waitress, cashier, cheerleader, nurse, and author!

Sarah Dickerman, BA



Sarah received her BA in psychology from Cornell University.

Hometown: Poway, CA

Fun Fact: I recently got engaged at the highest peak of the Northeast United States!

Juliana Mendonca, BS



Juliana received her BS in Biology from the University of Massachusetts Amherst.

Hometown: Lowell, MA

Fun Fact: I've been to Colombia 12 times!

Anne Elizabeth Sidamon-Eristoff, BA



Anne Elizabeth received her BA in Spanish and Portuguese with a minor in Neuroscience from Princeton University.

Hometown: New York, NY

Fun Fact: I've been to Mount Everest!

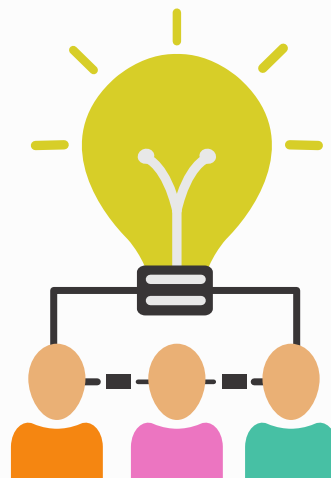
Natalie Cayon, BA



Natalie received her BA in Psychology with a minor in Human Development and Inequality Studies from Cornell University.

Hometown: Miami, FL

Fun Fact: I can make a cloverleaf with my tongue!



Emma Jenkins, BA



Emma received her BA in Psychology with a minor in Behavioral and Emotional Problems in Schools from Boston University.

Hometown: Long Valley, NJ

Fun Fact: I've been skydiving!

RECENT FINDINGS



Exposure to metals from the environment may be associated with maternal anxiety symptoms during pregnancy.



Infants, especially females, exposed to more metals in the prenatal environment may have a more fearful temperament.

Girls who experience higher levels of adversity in infancy may have altered production of the stress hormone cortisol. Such changes in cortisol patterns may influence the probability of experiencing wheezing episodes in toddlerhood.



Lower maternal anger expression and stress are associated with decreased risk of preterm birth.

Fractalkine, a protein thought to contribute to diseases related to vascular inflammation, plays an important role in pregnancy and fetal development. Maternal history of stress and trauma is related to fractalkine production during pregnancy.



Mothers' levels of cortisol in pregnancy may influence how infants, particularly girls, respond to stress.

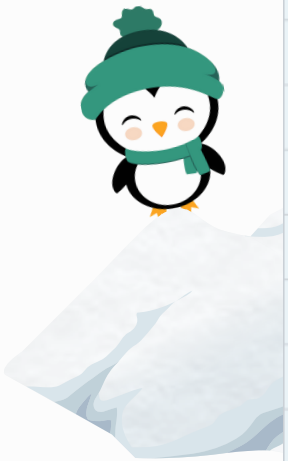


Word Search

How fast can you find all the words below?



S	R	L	I	N	A	E	E	A	E	D	A	G	I
T	L	A	S	G	S	B	G	S	A	N	T	A	N
O	O	C	U	E	I	G	I	G	N	M	I	K	R
C	A	A	K	E	M	A	M	E	N	O	R	A	H
K	E	K	A	C	T	I	U	R	F	O	E	E	G
I	M	R	E	E	D	N	I	E	R	S	G	A	Y
N	L	T	C	H	I	M	N	E	Y	L	O	L	E
G	I	N	G	E	R	B	R	E	A	D	L	E	K
R	D	E	A	Y	A	T	D	R	D	O	G	D	W
S	H	A	N	U	K	K	A	H	J	R	U	I	A
W	G	N	I	L	O	R	A	C	R	A	N	E	N
A	A	D	D	I	W	A	L	I	A	O	H	R	Z
N	J	E	F	S	E	V	L	E	M	E	N	D	A
N	C	H	R	I	S	T	M	A	S	L	E	L	A



Caroling
Chimney
Christmas
Diwali

Dreidel
Eggnog
Elves
Fruitcake

Gingerbread
Hanukkah
Jolly
Kwanzaa

Menorah
Reindeer
Santa
Stocking



Holiday Resources



Toys For Tots

Address: 23 Dry Dock Ave, Boston, MA, 02210

Phone: (617) 737-0500 Call for an application.

Website: <http://boston-ma.toysfortots.org/local-coordinator-sites/lco-sites/request-toys.aspx>

This operates across the state of Massachusetts. This program provides free holiday gifts/toys for children.

Note this service does not give free toys or Christmas gifts to individual families. Applicants must contact a church in their town (or city of Boston), a charity, or a social worker. Christmas gifts are free and can include games, clothes, trucks, dolls, and more. Visit their site for more information on Toys for Tots in Suffolk County.

Action for Boston Community Development, Inc. (ABCD)

This is the regional community action agency. The non-profit may have referrals to Christmas assistance agencies, gently used children or adult clothing, and other services for families. There are several locations and offices in the region.

- 19 Corinth Street, Roslindale, Massachusetts, 02131, (617) 327-1152
- Boston Hispanic Center, 178 Tremont Street, Boston, Massachusetts, 02111, (617) 348-6263 Ext: 251
- Jamaica Plain APAC, 295 Centre Street, Jamaica Plain, MA, 02130, (617) 522-4830
- 535 River Street, Mattapan, MA, 02126, (617) 298-2045
- North End/West End NSC, One Michelangelo Street, Boston, MA, 02113, (617) 523-8125
- Parker Hill/Fenway NSC, 714 Parker Street, Boston, MA, 02120, (617) 445-6000
- South Boston Action Center, 424 West Broadway, South Boston, MA, 02127, (617) 269-5160

The non-profit has many other programs too! Read more on assistance from Action for Boston Community Development.

South End Neighborhood Action Program

Address: 554 Columbus Avenue, Boston, MA, 02118

Phone: (617) 267-7400

During the Christmas season, holidays, and mostly year-round, the agency may have baby clothing, diapers, food, and more. There are also free toys for children, Thanksgiving turkeys, and free Christmas food for the entire family.

Project Bread's Food Source Hotline

Address: 145 Border Street, Boston, MA, 02128

Phone: (800) 645-8333

This non-profit can connect qualified individuals and families to other food resources and regional Christmas or Thanksgiving programs.

My Brother's Keeper

They partner with many local churches and charities in both Suffolk as well as Middlesex County. They refer individuals and families to financial assistance as well as Christmas programs. Regions covered include Lowell, Haverhill, Boston, and other cities. They have free furniture, Christmas trees or gifts for families, food boxes (Easter, Thanksgiving, and Christmas), and many other items. The locations include:

- **Address:** Easton, PO Box 338, Easton, MA 02356-0338. **Phone:** 508-238-2562
- **Address:** Dartmouth location is at N. Dartmouth, MA 02747-0273. **Phone:** 508-238-2562.

For more resources, reach out to our team or check out this website:

https://www.needhelpayingbills.com/html/christmas_assistance_programs.html

